

**Rainier Beach Pool**  
**SWIMMING LESSONS**  
**June 24th—September 1st**

**Registration Begins:**  
**Online:**  
**In Person:**  
**By Phone:**

**May 7th at Noon**  
**[www.seattle.gov/parks](http://www.seattle.gov/parks)**  
**8825 Rainier Ave**  
**206.386.1925**

**PARENT & CHILD AQUATICS**

**Ages: 6 months - 4 years**

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

**THREE-YEAR-OLD LESSONS**

**Age: 3 years old**

We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

**FAMILY LESSONS**

**Age: 4-8 years old**

Learn beginning swimming skills with your own child in a fun and relaxed atmosphere. Some of the skills covered include breath control/rhythmic breathing, kicking, floating, beginner stroke work, and lifejacket safety. Parent/guardian does NOT have to know how to swim but must be in the water with their child.

**KINDER LESSONS**

**Ages: 4 & 5**

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability with a 6:1 student to instructor ratio to ensure safety and quality.

**BEGINNING SWIMMER LESSONS**

**Ages: 6 - 16**

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. This class mainly focuses on floating, gliding and kicking, crawl stroke with side breathing, elementary backstroke, backstroke, whip kick, breaststroke, treading water diving and more water safety skills. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

**SPECIAL POPULATIONS LESSONS**

**Ages 6-17**

These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool for registration.

**ADVANCED SWIMMER LESSONS**

**Ages: 6 - 16**

**Prerequisite:** Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and swim 25 yards of strong crawl stroke, backstroke, whip kick, and dolphin kick. Advanced swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement.

Participants who do not meet this prerequisite will be dropped from the course and moved to a Beginning Swimmer class, if space is available. Pretests are available during Public Swims.

**ADULT STROKE DEVELOPMENT**

**Ages 16 and up**

In this course, you will refine swimming strokes and build endurance. Whether you want to train for a triathlon or become better at swimming laps for fitness, this is the class for you! Deep water comfort and ability to swim 25 yards (length of the pool) without stopping is required.

**ADULT LESSONS**

**Ages 16 and up**

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.

**CLOSURES:** Thursday, July 4th for Independence Day

Closed for Summer Swim League Swim Meets All Day Saturday July 27th & Saturday August 3rd

**REFUNDS, WITHDRAWS AND TRANSFERS**

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. More information on refund policy is available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
<b>Parent &amp; Child Aquatic Lessons</b> Ages 6 months to 4 Years Old	Monday	9:30 AM	10:00 AM	6/24	8/26	10	\$80.00	21046
	Monday	5:30 PM	6:00 PM	6/24	8/26	10	\$80.00	21047
	Tuesday	9:30 AM	10:00 AM	6/25	8/27	10	\$80.00	21048
	Tuesday	4:30 PM	5:00 PM	6/25	8/27	10	\$80.00	21049
	Tuesday	6:00 PM	6:30 PM	6/25	8/27	10	\$80.00	21050
	Wednesday	9:30 AM	10:00 AM	6/26	8/28	10	\$80.00	21051
	Wednesday	5:30 PM	6:00 PM	6/26	8/28	10	\$80.00	21052
	Thursday	9:30 AM	10:00 AM	6/27	8/29	9	\$72.00	21053
	Thursday	4:30 PM	5:00 PM	6/27	8/29	9	\$72.00	21054
	Thursday	6:00 PM	6:30 PM	6/27	8/29	9	\$72.00	21055
	Friday	9:30 AM	10:00 AM	6/28	8/30	10	\$80.00	21056
	Friday	5:30 PM	6:00 PM	6/28	8/30	10	\$80.00	21057
	Saturday	9:00 AM	9:30 AM	6/29	8/31	8	\$64.00	21058
	Saturday	9:30 AM	10:00 AM	6/29	8/31	8	\$64.00	21059
	Sunday	9:30 AM	10:00 AM	6/30	9/01	10	\$80.00	21060
	Sunday	10:00 AM	10:30 AM	6/30	9/01	10	\$80.00	21061
<b>3 Year Olds</b>	Monday	9:30 AM	10:00 AM	6/24	8/26	10	\$140.00	21062
	Monday	10:00 AM	10:30 AM	6/24	8/26	10	\$140.00	21063
	Monday	4:00 PM	4:30 PM	6/24	8/26	10	\$140.00	21064
	Monday	5:00 PM	5:30 PM	6/24	8/26	10	\$140.00	21065
	Monday	5:30 PM	6:00 PM	6/24	8/26	10	\$140.00	21066
	Tuesday	9:30 AM	10:00 AM	6/25	8/27	10	\$140.00	21067
	Tuesday	10:30 AM	11:00 AM	6/25	8/27	10	\$140.00	21068
	Tuesday	6:00 PM	6:30 PM	6/25	8/27	10	\$140.00	21069
	Wednesday	9:30 AM	10:00 AM	6/26	8/28	10	\$140.00	21070
	Wednesday	10:00 AM	10:30 AM	6/26	8/28	10	\$140.00	21071
	Wednesday	4:00 PM	4:30 PM	6/26	8/28	10	\$140.00	21072
	Wednesday	5:00 PM	5:30 PM	6/26	8/28	10	\$140.00	21073
	Wednesday	5:30 PM	6:00 PM	6/26	8/28	10	\$140.00	21074
	Thursday	9:30 AM	10:00 AM	6/27	8/29	9	\$126.00	21075
	Thursday	10:30 AM	11:00 AM	6/27	8/29	9	\$126.00	21076
	Thursday	6:00 PM	6:30 PM	6/27	8/29	9	\$126.00	21077
	Friday	10:00 AM	10:30 AM	6/28	8/30	10	\$140.00	21078
	Friday	4:00 PM	4:30 PM	6/28	8/30	10	\$140.00	21079
	Friday	5:00 PM	5:30 PM	6/28	8/30	10	\$140.00	21080
	Friday	5:30 PM	6:00 PM	6/28	8/30	10	\$140.00	21081
	Saturday	9:00 AM	9:30 AM	6/29	8/31	8	\$112.00	21082
	Saturday	9:30 AM	10:00 AM	6/29	8/31	8	\$112.00	21083
	Saturday	2:30 PM	3:00 PM	6/29	8/31	8	\$112.00	21084
	Saturday	3:00 PM	3:30 PM	6/29	8/31	8	\$112.00	21085
	Sunday	9:30 AM	10:00 AM	6/30	9/01	10	\$140.00	21086
	Sunday	10:00 AM	10:30 AM	6/30	9/01	10	\$140.00	21087
<b>Kinder</b> Ages 4-5 Years Old	Monday	10:30 AM	11:00 AM	6/24	8/26	10	\$100.00	21088
	Monday	4:30 PM	5:00 PM	6/24	8/26	10	\$100.00	21089
	Monday	6:00 PM	6:30 PM	6/24	8/26	10	\$100.00	21090
	Tuesday	10:00 AM	10:30 AM	6/25	8/27	10	\$100.00	21091
	Tuesday	4:00 PM	4:30 PM	6/25	8/27	10	\$100.00	21092
	Tuesday	5:00 PM	5:30 PM	6/25	8/27	10	\$100.00	21093
	Wednesday	10:30 AM	11:00 AM	6/26	8/28	10	\$100.00	21094
	Wednesday	4:30 PM	5:00 PM	6/26	8/28	10	\$100.00	21095
	Wednesday	6:00 PM	6:30 PM	6/26	8/28	10	\$100.00	21096
	Thursday	10:00 AM	10:30 AM	6/27	8/29	9	\$90.00	21097
	Thursday	4:00 PM	4:30 PM	6/27	8/29	9	\$90.00	21098
	Thursday	5:00 PM	5:30 PM	6/27	8/29	9	\$90.00	21099
	Friday	9:30 AM	10:00 AM	6/28	8/30	10	\$100.00	21100
	Friday	10:30 AM	11:00 AM	6/28	8/30	10	\$100.00	21101
	Friday	4:30 PM	5:00 PM	6/28	8/30	10	\$100.00	21102
	Friday	6:00 PM	6:30 PM	6/28	8/30	10	\$100.00	21103
	Saturday	9:00 AM	9:30 AM	6/29	8/31	8	\$80.00	21104
	Saturday	10:00 AM	10:30 AM	6/29	8/31	8	\$80.00	21105
	Saturday	2:30 PM	3:00 PM	6/29	8/31	8	\$80.00	21106
	Saturday	3:00 PM	3:30 PM	6/29	8/31	8	\$80.00	21107
	Sunday	10:30 AM	11:00 AM	6/30	9/01	10	\$100.00	21108

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
<b>Beginning Swimmer</b> Ages 6-16 Years Old	Monday	9:30 AM	10:00 AM	6/24	8/26	10	\$80.00	21114
	Monday	10:00 AM	10:30 AM	6/24	8/26	10	\$80.00	21115
	Monday	4:00 PM	4:30 PM	6/24	8/26	10	\$80.00	21116
	Monday	5:00 PM	5:30 PM	6/24	8/26	10	\$80.00	21117
	Monday	5:30 PM	6:00 PM	6/24	8/26	10	\$80.00	21118
	Monday	6:30 PM	7:00 PM	6/24	8/26	10	\$80.00	21119
	Tuesday	9:30 AM	10:00 AM	6/25	8/27	10	\$80.00	21120
	Tuesday	10:00 AM	10:30 AM	6/25	8/27	10	\$80.00	21121
	Tuesday	4:30 PM	5:00 PM	6/25	8/27	10	\$80.00	21122
	Tuesday	5:30 PM	6:00 PM	6/25	8/27	10	\$80.00	21123
	Tuesday	6:30 PM	7:00 PM	6/25	8/27	10	\$80.00	21124
	Wednesday	9:30 AM	10:00 AM	6/26	8/28	10	\$80.00	21125
	Wednesday	10:00 AM	10:30 AM	6/26	8/28	10	\$80.00	21126
	Wednesday	4:00 PM	4:30 PM	6/26	8/28	10	\$80.00	21127
	Wednesday	5:00 PM	5:30 PM	6/26	8/28	10	\$80.00	21128
	Wednesday	5:30 PM	6:00 PM	6/26	8/28	10	\$80.00	21129
	Wednesday	6:30 PM	7:00 PM	6/26	8/28	10	\$80.00	21130
	Thursday	9:30 AM	10:00 AM	6/27	8/29	9	\$72.00	21131
	Thursday	10:00 AM	10:30 AM	6/27	8/29	9	\$72.00	21132
	Thursday	4:30 PM	5:00 PM	6/27	8/29	9	\$72.00	21133
	Thursday	5:30 PM	6:00 PM	6/27	8/29	9	\$72.00	21134
	Thursday	6:30 PM	7:00 PM	6/27	8/29	9	\$72.00	21135
	Friday	9:30 AM	10:00 AM	6/28	8/30	10	\$80.00	21136
	Friday	10:00 AM	10:30 AM	6/28	8/30	10	\$80.00	21137
	Friday	4:00 PM	4:30 PM	6/28	8/30	10	\$80.00	21138
	Friday	5:00 PM	5:30 PM	6/28	8/30	10	\$80.00	21139
	Friday	6:30 PM	7:00 PM	6/28	8/30	10	\$80.00	21140
	Saturday	10:30 AM	11:00 AM	6/29	8/31	8	\$64.00	21141
	Saturday	11:30 AM	12:00 PM	6/29	8/31	8	\$64.00	21175
	Saturday	2:30 PM	3:00 PM	6/29	8/31	8	\$64.00	21176
	Saturday	3:00 PM	3:30 PM	6/29	8/31	8	\$64.00	21177
	Sunday	10:00 AM	10:30 AM	6/30	9/01	10	\$80.00	21178
	Sunday	11:00 AM	11:30 AM	6/30	9/01	10	\$80.00	21179
	Sunday	11:30 AM	12:00 PM	6/30	9/01	10	\$80.00	21180
<b>Advanced Swimmer</b> Ages 6-16 Years Old	Monday	6:00 PM	6:30 PM	6/24	8/26	10	\$80.00	21183
	Tuesday	6:00 PM	6:30 PM	6/25	8/27	10	\$80.00	21184
	Wednesday	6:00 PM	6:30 PM	6/26	8/28	10	\$80.00	21185
	Thursday	6:00 PM	6:30 PM	6/27	8/29	9	\$72.00	21186
	Friday	5:30 PM	6:00 PM	6/28	8/30	10	\$80.00	21187
	Saturday	11:00 AM	11:30 AM	6/29	8/31	8	\$64.00	21188
	Sunday	10:30 AM	11:00 AM	6/30	9/01	10	\$80.00	21189
<b>Special Population</b> Ages 6-17 Years Old	Monday	4:30 PM	5:00 PM	6/24	8/26	10	\$80.00	21190
	Tuesday	5:00 PM	5:30 PM	6/25	8/27	10	\$80.00	21191
	Wednesday	4:30 PM	5:00 PM	6/26	8/28	10	\$80.00	21192
	Thursday	5:00 PM	5:30 PM	6/27	8/29	9	\$72.00	21193
	Friday	4:30 PM	5:00 PM	6/28	8/30	10	\$80.00	21194
<b>Adults</b>	Monday	11:30 AM	12:00 PM	6/24	8/26	10	\$80.00	21201
	Monday	6:00 PM	6:30 PM	6/24	8/26	10	\$80.00	21202
	Wednesday	11:30 AM	12:00 PM	6/26	8/28	10	\$80.00	21203
	Wednesday	6:00 PM	6:30 PM	6/26	8/28	10	\$80.00	21204
	Thursday	11:30 AM	12:00 PM	6/27	8/29	9	\$72.00	21205
	Friday	11:30 AM	12:00 PM	6/28	8/30	10	\$80.00	21206
	Saturday	11:00 AM	11:30 AM	6/29	8/31	8	\$64.00	21207
	Sunday	11:30 AM	12:00 PM	6/30	9/01	10	\$80.00	21208
<b>Pre-Competition</b>	Friday	6:00 PM	7:00 PM	6/28	8/30	10	\$160.00	21209
<b>Family Lessons</b>	Saturday	10:30 AM	11:30 AM	6/29	8/31	8	\$64.00	21210
<b>Adult Clinic</b>	Tuesday	8:00 PM	8:30 PM	6/25	8/27	10	\$120.00	21211
	Thursday	8:00 PM	8:30 PM	6/27	8/29	9	\$108.00	21212
<b>Senior Lessons</b>	Tuesday	11:30 AM	12:00 PM	6/25	8/27	10	\$80.00	21213

## Women Single Gender Programs

Seattle Parks and Recreation is proud to offer single gender public swim and swimming lessons for women who, because of cultural or personal reasons, cannot swim in a co-ed environment.

*During these programs the windows to the pool are covered  
and only female instructors are employed for privacy.*

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
<b>Kinder</b> Ages 4 and 5 Years Old (Girls Only)	Sunday	6:00 PM	6:30 PM	6/30	9/01	10	\$100.00	21214
<b>Beginning Swimmer</b> Ages 6-16 Years Old (Females Only)	Sunday	5:30 PM	6:00 PM	6/30	9/01	10	\$80.00	21215
<b>Women &amp; Teens</b> 12 Year Old & up (Females Only)	Sunday	6:00 PM	6:30 PM	6/30	9/01	10	\$80.00	21216



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's

Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.



### Can you make a donation?

To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and

Recreation swimming pool, or donate online to [www.arcseattle.org/get-involved/](http://www.arcseattle.org/get-involved/). For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

## Lesson Tips of the Quarter

### Attendance

Your children's learning relies on a lot of factors, including skill level, student-teacher relationships, class control to name a few. But, the greatest factor that we often forget is attendance. If a student is in class and actively participating, they will learn more.

The first thing that comes to mind when we are asked "Why can't my kid swim?" is whether or not the child has good attendance and properly engaged in class. Registration is not enough—following through with consistent attendance, active participation and paying attention will let you reap the benefits of your classes. Below are some other ripple effects of having good attendance.

#### **Ripple # 1: *It makes sure that every student fits their class.***

On the first day of lessons, we group kids together according to skill level and assign their teachers. Lately with some of our bigger classes, only half of all registered students show up. This does not let us see everyone's skill sets and the groupings end up wonky. When everyone shows up, it makes the process more effective and the students are set up for success.

#### **Ripple # 2: *The student obtains and retains skills better.***

The more we do things, the more they become natural to us. The more we practice, the better we get. The same is true in swim lessons. We want them there, and we want them to keep coming. That's the best way for them to get the practice and instructions they need to be safer and better when in the water.

These are quick and easy ways to help you, other patrons and the staff make sure that we achieve our aquatic goals. We are excited to have you here at Rainier Beach Pool and Community Center.

**Happy Swimming!**

## Do you know a swimmer who needs a scholarship?

To learn more about applying or to receive a Low-Income Scholarship application, please speak to a front desk attendant.

Approved scholarships may be used for any swimming lesson, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.